THE MILKY WAY TO HEALTH AND BEAUTY

City Dairy

SELECTED RECIPES

Dear Madam:

With our compliments we present to you this new type RECIPE BOOK.

This book has a two-fold purpose: to point the way to new methods of preparing nourishing, yet economical, meals, and to furnish you with a permanent record for your own favorite recipes.

Yours truly,

City Dairy

Delicious Dairy Recipes

Every month your milk salesman will supply you with a page of new recipes slot punched for insertion in this book.

If you don't receive yours, ask for it.

INEXPENSIVE THINGS THAT ARE GOOD TO EAT AND ARE EASY TO MAKE

MILK—THE PERFECT FOOD

EVERY medical and dietary authority in the world will tell you there are certain types of protective foods your body must have every day . . . if it is to healthy and beautiful. These are:

Milk—at least a pint.

Fruit—especially tomatoes, oranges, bananas, apples.

Vegetables—two, preferably of the leafy type.

Many people avoid drinking milk because they mistakenly believe it to be fattening. As a matter of fact, a whole quart of milk is only equal in fat value to 4 pieces of candy, 4 slices of white bread, or 3 waffles.

Milk is relatively low in fattening power, but rich in vitamins, minerals, carbohydrates and proteins . . . the elements that preserve the characteristics of youth. Each of the six vitamins so far discovered—A, B, C, D, E and G—have been found in milk. Vitamins as a group promote growth and make for health and vigor. Separately they provide resistance to certain infections, are responsible for normal bone and tooth development, stimulate a good appetite, and protect the body from "deficiency diseases."

Milk provides the calcium that skin specialists recommend to clear a complexion that's unsightly with pimples and skin blemishes. It combats acid accumulations in your blood . . . helps build up the alkaline reserve. The easy, natural way to keep clear-headed is to drink milk.

MILK FOR A GLAMOROUS COMPLEXION

Each glass of Milk you drink is a Calcium Treatment

MILK often clears up unsightly and embarrassing skin blemishes when every thing else has failed. Just cool, fresh milk. It's because milk is the richest source of **calcium** of all foods. And skin specialists often prescribe **calcium** first of all to clear up complexion disorders. You get a **calcium beauty treatment** with every glass of milk you drink!

It sounds almost too easy, doesn't it? Too inexpensive. But try it! Look what milk does for a baby's skin! Drink at least one glass a day. Make milk your daily luncheon beverage.

CLEAR UP YOUR COMPLEXION WITH MILK

BETTER MEALS FOR LESS MONEY

MILK provides more food value for what it costs than any other item you could buy. You can economize safely by using plenty of milk in cooking—sure that your family will be well nourished. Milk is rich in vitamins, minerals, carbohydrates and proteins . . . **the elements that preserve the characteristics of youth.**

Milk is the richest food source of calcium . . . important not only as a tooth and bone builder, but as a means of clearing the skin, keeping it soft, smooth and translucent.

Milk has a definite **alkaline effect** and thus combats acid accumulations in the blood. It is, in fact, a neutralizer.

The nerves, the body cells, the teeth and bones, the muscles, the blood, the skin, all need a particular kind of food . . . calcium, phosphorous, iron, lactose, protein . . . if they are to function efficiently. Milk is the one article in the present human diet that provides for almost every possible need of the body

Milk promotes resistance to many infections. It helps to keep the digestive tract in fine working condition. It provides the best building material for the growth and repair of muscles. Milk supplies fuel for heat and **energy.** It is not fattening . . . on the contrary, milk forms the basis of most good reducing diets, since it is a **protective food.**

Modern dietitians and clever cooks have devised many appetizing dishes . . . so that the same old vegetables become tempting and unusual dishes . . . dishes that give zest and appeal, as well as nutritive value to the family menus.

COUNT YOUR CALORIES

THE amount of calories you need a day is an individual problem. You must calculate the number of calories you need for yourself. Here's how:

Multiply your weight by 15 if you take no exercise; 17 if you take light exercise; 19 if you take moderate exercise; 22 if you do muscular labour; 25 if you do severe labour. The result will give you the number of calories your food should contain each day. Be sure you have your full quota of **protective foods,** particularly milk.

CALORIE TABLE

FRUIT	Average Serving	Calories
Apples	1 large	100
Apricots (fresh)	5 halves	100
Apricots (canned)	3 halves	100
Bananas	1 large	100
Cantaloupe	1/3 medium	100
Cherries	½ cup	50
Grapefruit	½ large	100
Grapes	1 bunch	100
Oranges	1 medium	75
Orange juice	1 cup	100
Peaches	1 medium	35
Pears	1 medium	100
Pineapple (fresh)	1 slice, 1" th'k	50
Pineapple (can'd)	1 slice, 2 tbsp. juice	100
Plums	2 medium	50
Prunes	2 large, 2 tbsp. juice	100
Watermelon	¾" slice, 6" diameter	100
FRUIT (Dried)		
Apple sauce	½ cup	146
Apricots (sweet'd)	½ cup	200
Baked Apple	1 large	225
Peaches	½ cup	100
Pears	3 halves, 3 tbsp. juice	100
MEAT, FISH, POULTRY		
Bacon	4 slices	100
Beef, dried	2 slices	50
Beef, stew	2/3 cup	100
Bologna	1 slice	100
Chicken	¼ cup	100
Chop (lamb)	1	100
Clams	6 to 12	100
Corned beef	1 slice	100
Duck	Small portion	100
Egg (boiled or poached)	1	80
Egg (fried)	1 small	100
Egg (scrambled)	¼ cup	100
Frankfurter	1	100
Halibut	3" portion	100
Hamburger	1 cake, 2½" ⅞" thick	100
Ham	1 slice	100
Liver	2.1 oz.	100
Lobster	¾ cup	100
Mackerel	Med. portion	100
Oysters	6 to 12	100
Pork chop	1	200
Roasts, beef, lamb	5" slice	100
veal, pork	4" slice	200
Salmon	1/3 cup	100
Sardines	3 to 6	100
Sausage	1 small	50
Steak	4¾"x4½"x¾"	100
Tongue	1 small slice	50
Tuna fish	1/3 cup	100
Turkey	Small portion	100
Veal Cutlet	1 serving	150
BREADSTUFFS and CEREALS		
Biscuits	2 small	100
Bread, white	2 medium	100
Bread, whole wh't	2 medium	100
Cake, sponge	2¼" x 1¾" x 1½"	100

CALORIE IS THE ENERGY UNIT IN FOOD

	Average Serving	Calories
Cake, plain	3″ x 2½″ x 2½″	175
Cake, layer	½″ x 2½″ x 3¼″	450
Cereal, cooked	1/3 cup with ¼ cup milk, tsp. sugar	100
Cereal, ready to eat	½ cup with ¼ cup milk, 1 tsp. sugar	100
Coffee cake	1½″ cube	100
Cookies, plain	2 medium	100
Doughnuts	1 medium	135
Griddle cakes	2 cakes	175
Muffins	1	175
Pies	1/6 pie	350
Waffles	1	350

CREAMED DISHES

Creamed carrots	½ cup	135
Cream of Tomato soup	1 cup	175
Creamed potatoes	2/3 cup	200
Macaroni and cheese	¾ cup	215
Med. white sauce	¼ cup	100

DESSERTS

Apple dumpling	1	100
Baked custard	1 custard cup	250
Bread pudding	1 custard cup	175
Chocolate cornstarch pudding	½ cup	250
Jello	½ cup	100
Ice cream	½ cup	200
Pie	Section, 1½″ at circum'f'e	100
Rice pudding	½ cup	350
Sherbet	½ cup	200
Tapioca	2/3 cup	100

SOUPS

Vegetable, tomato, chicken	1 cup	100
Bouillon, consomme	1 cup	25
Cream soups, oyster stew	1 cup	200
Clam chowder	1 cup	135

MISCELLANEOUS

Chocolate	2/3 cup	200
Chocolate bar, almond	1 bar	350
Chocolate ice cream soda	Fountain service	400
Chocolate sundae	½ cup	375
Cocoa	2/3 cup	125
Fudge	2 squares	100
Gravy	2 tbsp.	100
Jam, jellies	1 tbsp.	100
Malted milk	Fountain service	500
Olives	4 large	100
Peanut butter	1 tbsp.	100
Sugar	3 tbsp.	100
French dressing	1½ tbsp.	100
Mayonnaise	1 tbsp.	100

DAIRY PRODUCTS

Butter	1 tbsp.	100
Buttermilk	1 cup	85
Cheese, American	1⅛″ cube	100
Cheese, cottage	5 tbsp.	100
Cheese, cream	2″ x 1″ x ⅜″	100
Cream (coffee)	¼ cup	100
Ice cream	1 serving	175
Milk, skimmed	1 cup	85
Milk, whole	1 glass	160

VEGETABLES (Raw)

Cabbage	1 cup	25
Celery	5 stalks	5
Lettuce	¼ head	10

GREEN VEGETABLES

Asparagus	½ cup	25
Cabbage	½ cup	25
Green beans	½ cup	25
Greens	½ cup	25
Spinach	½ cup	25

ROOT VEGETABLES (Cooked)

Beets	½ cup	35
Carrots	½ cup	35
Potatoes, baked	1 medium	100
Potatoes, boiled	1 medium	100
Potatoes, creamed	2/5 cup	100
Potatoes, mashed	½ cup	100

OTHER VEGETABLES

Corn	½ cup	100
Lima beans	½ cup	150
Navy beans	½ cup	150
Onions	½ cup	50
Peas	½ cup	50
Tomatoes (fresh)	1 medium	25
Tomato juice	½ cup	25

SOUPS AND CHOWDERS

ADIRONDACK CHOWDER

¼ lb. salt pork diced finely
1 large onion sliced
2 tbsp. flour
scored corn from six ears or
1 can No. 2 corn
1 tbsp. chopped green pepper
6 cups milk
1 tbsp. salt
½ tsp. pepper
1 tbsp. sugar
½ tbsp. Worcestershire sauce
a small pinch each of ground cloves and mustard
pilot crackers

Brown salt pork and add onion; brown onion and add flour and blend; then add corn, green pepper, milk and seasoning. Let simmer for one hour, stirring frequently. Serve a split pilot cracker filled with unsweetened whipped cream on the top of each bowl of chowder. Serves 6.

CARROT CHOWDER

½ cup chopped onion
5 tbsp. butter
2 cups diced potatoes
2 cups diced carrots
1½ cups water
3 cups hot milk
2 tbsp. flour
1½ tsp. salt

Scrub carrots (do not scrape or pare) and dice; pare and dice potatoes. Cook potatoes and carrots in 1½ cups of water with salt for 20 minutes. Cook the onion slowly in the butter until tender, using a large saucepan. Add flour to onion and butter, then add hot milk. Add vegetables and vegetable water. Heat well and let stand 15 to 20 minutes before serving to improve flavour. Serve with whole wheat crackers or buttered whole wheat toast. Serves 6.

CELERY AND MUSHROOM SOUP

1 small bunch celery
¼ lb. mushrooms
1 tbsp. butter
1½ level tbsp. whole wheat flour
2 cups milk
1 small onion

Chop onion and celery finely and boil in one pint of water for one hour. Cut mushrooms in small pieces and boil from 5 to 8 minutes. Heat flour in the butter, blend well and let boil up and then add pint of milk slowly. When thickened, add celery and onion and a little of the liquor in which they were cooked, and lastly add the mushrooms, pepper and salt to taste. Serves 4 to 6.

NEW ENGLAND CLAM CHOWDER

⅛ lb. salt pork, diced
2 medium onions, sliced
½ lb. fresh pork, ground
1 can tomato paste
4 cups potatoes, diced
1 dash Worcestershire sauce
1 dash Maggi
1 qt. fresh clams, chopped
salt and pepper to taste
¼ tsp. salt
6 cups hot milk

Brown onions and diced salt pork. Add ground pork, tomato paste, potatoes, seasoning and enough water to cover. Simmer until potatoes are cooked. Add soda just before adding hot milk. Add clams last. Serves 6.

SOUPS ARE RICHER WITH MILK

CREAM OF CABBAGE SOUP

3 cups grated cabbage
1 onion, grated
1½ tsp. salt
3 tbsp. butter
3 tbsp. flour
4 cups milk

Cook cabbage and onion in 1 cup of water for 5 minutes. Melt butter, add flour and salt and blend well. Add 4 cups of milk. When hot, add to cabbage and cabbage water. Serves 6.

CREAM OF CHEESE SOUP

2 tbsp. granulated tapioca
1 tsp. salt
⅛ tsp. pepper
1 tbsp. minced onion
2 tbsp. finely chopped carrots
4 cups milk
2 tbsp. butter
½ cup grated American cheese
2 tbsp. chopped celery
1 tbsp. chopped parsley

Combine the tapioca, salt, pepper, onion, carrots, celery and milk in top of double boiler and place over boiling water for 10 minutes, stirring frequently. Add butter, cheese and parsley, and cook until cheese is melted. Serves 4 to 6.

CREAM OF CUCUMBER SOUP

4 tbsp. butter
3 large cucumbers, peeled and sliced thinly
2 leeks, sliced thinly
3 tbsp. flour
3 cups canned chicken soup
1 cup milk
½ tsp. salt
¼ tsp. celery salt
⅛ tsp. white pepper
½ cup heavy cream

Melt butter in a saucepan. Add the cucumbers and leeks and cook for 10 minutes or until cucumbers are soft. Stir in flour until well blended. Add chicken soup, milk and seasoning. Cook until mixture thickens, stirring constantly. Pour the mixture through a sieve and press the cucumber pulp through it. Reheat and add the heavy cream. Serves 4.

DUTCH LENTIL SOUP WITH MEAT BALLS

1 lb. lentils
¼ tsp. salt
3 tbsp. grated onion
1 tbsp. flour
1 egg yolk
pinch of grated nutmeg
½ cup bread crumbs
2 cups milk
½ lb. top round beef chopped

Meat Balls—Add well beaten egg yolks, nutmeg and bread crumbs to chopped beef. Mix well and form into small balls. Cook lentils in one quart of water, add salt and grated onions. When lentils are soft, strain and add one pint of milk thickened with flour. It may be necessary to add more milk if a thinner soup is necessary. Add meat balls and cook until meat balls are done. Serves 6.

MILK IS YOUR CHEAPEST FOOD

CREAM OF FRESH ASPARAGUS SOUP

2 tbsp. butter
2 tbsp. flour
3 cups milk
1 lb. fresh asparagus
1 can asparagus soup
½ tsp. salt

Wash fresh asparagus, cut into half-inch pieces and boil for 15 minutes in just enough water to cover; add salt. Melt butter, add flour, blend well. Add milk and asparagus soup and heat well. Add asparagus and water in which it was cooked to soup mixture; reheat and serve. Serves 6.

GREEN SPLIT PEA SOUP

1 pt. green split peas
3 pts. water
1 small onion
2 slices bacon
2 cups milk
whipping cream
salt and pepper to taste

Cut bacon in small pieces and cook onion, which has been sliced thin, with bacon until slightly browned and bacon fat is well rendered. Add peas and water and cook for 1½ hours or until peas are soft. It may be necessary to add additional water. Strain mixture through coarse sieve and add milk. Heat again and serve with whipped cream on top. Serves 6.

LIMA BEAN CHOWDER

¼ cup diced salt pork
½ cup chopped onion
1½ cups diced raw potatoes
1½ cups cooked lima beans
2 tbsp. butter
2 tbsp. flour
½ tsp. celery salt
pepper to taste
4 cups fresh milk

Cook chopped salt pork for 5 minutes. Add onion and cook until soft, but not brown. Add diced potatoes, water, and seasoning, and cook until potatoes are tender. Melt butter and add flour, blending thoroughly. Add the milk and cook until thickened, stirring constantly. Add beans and combine with potato mixture. Serve piping hot. Serves 6.

MAINE FISH CHOWDER

4 onions, sliced
2 lbs. cod or haddock
3 cups potatoes, cut in small cubes
2 tsp. salt
¼ lb. salt pork
6 pilot biscuits
2 cups cold water
⅛ tsp. pepper
4 cups scalded milk
1 tbsp. butter
minced parsley

Cut fish in small pieces, cut pork in small cubes and fry in fat 5 minutes. Remove onions and add potatoes to fat. Stir and cook 5 minutes. Turn into a kettle, add onions, fish and pilot biscuit, water and seasoning. Cover and simmer until fish and vegetables are well cooked. After including milk and butter, simmer 10 minutes longer. Serve with a sprinkling of parsley on each portion. Serves 6.

VEGETABLE DISHES

A "country" way of cooking vegetables should appeal to many city people as well. After vegetables are cooked and drained, add a half-milk-half-cream mixture, butter, salt and pepper. Reheat.

CABBAGE DELMONICO

4 tbsp. butter
2 tbsp. flour
2 cups milk
½ tsp. salt
½ tsp. paprika
½ tsp. mustard
1 cup grated cheese
3 cups cooked cabbage
¼ cup buttered crumbs

Melt butter, blend with the flour, add the milk and stir until smooth, cooking slowly for ten minutes. Add seasoning, cheese, cabbage and mix thoroughly. Put in a greased baking dish, cover with buttered crumbs and bake in a moderate oven (350°) about 30 minutes. Serves 4 to 6.

FIVE-MINUTE CABBAGE

4 cups shredded cabbage
1 cup milk
¼ cup milk or cream
1-1½ tbsp. melted butter
1-1½ tbsp. flour
½ tsp. salt

Heat milk and cook cabbage in it for 2 minutes. Add milk or cream, blended flour and butter, and salt. Cook rapidly for 3 or 4 minutes. Stir constantly. The cabbage retains its crispness and is delicate in flavour and colour. Serves 6.

CARROT RING

2½ cups grated carrots
2 cups milk
½ tsp. salt
½ tsp. sugar
⅛ tsp. pepper
2 eggs
½ cup finely chopped shelled peanuts or blanched almonds
2 tbsp. butter

Wash, scrape and grate carrots which may then be used raw, or, if preferred, cooked until tender in very little water, then drained. Beat eggs, add milk, seasonings, and nuts, and combine with carrots. Melt butter, use part of it to very thoroughly grease a ring mold, then pour remainder into carrot-custard mixture. Pour carefully into mold, set in a pan of hot water and bake in slow oven (325°) until set. Let stand for a moment; unmold. Fill centre with creamed meat or fish for main dish, or fill with cooked peas, string beans, or cauliflower, garnished with Hollandaise Sauce. Serves 6.

GOLDEN CAULIFLOWER

1 large cauliflower
2 cups medium white sauce
grated yellow cheese

Cut away the green leaves and the woody base of a large cauliflower. Soak the whole head in cold, salted water for half an hour. Boil uncovered in a large amount of salted water until barely tender (20 to 30 minutes). Drain; turn right side up on a shallow serving dish. Pour medium white sauce over the head. Sprinkle grated cheese over the top.

VEGETABLES TASTE BETTER IN MILK

CELERY CUSTARD

3 eggs
2 cups milk
1½ cups cooked celery, chopped
2 tbsp. melted butter
salt and pepper

Beat eggs until light; add milk, celery, butter, salt and pepper to taste. Pour into a greased baking dish or individual molds. Set in a pan of hot water and bake in a moderate oven (350°) until the custard is set. Serves 6.

CORN AND CHEESE SOUFFLE

4 tbsp. butter
4 tbsp. flour
1 tsp. salt
few grains pepper
1 cup milk
1 cup grated cheese
4 egg yolks
1 cup corn
4 egg whites

Heat butter, add flour, salt and pepper. Add milk gradually, stirring constantly until thick. Add grated cheese and stir until melted. Pour over the beaten egg yolks. Add corn and mix well. Fold this mixture slowly into the stiffly beaten egg whites. Pour into a greased casserole. Bake in a slow oven (325°) 45 minutes to 1 hour. Serve immediately. Serves 6.

CORN CUSTARD

4 cups corn
¾ tsp. salt
1 tbsp. sugar
2 eggs
⅛ tsp. pepper
1 tsp. grated onion
2 cups scalded milk

Mix corn, slightly beaten eggs, salt, pepper and grated onion. Add scalded milk. Pour into a shallow buttered baking dish and set in pan of hot water. Bake in slow oven (325°) for 45 minutes. Serves 6.

SPINACH AND CHEESE CASSEROLE

1 small chopped onion
6 tbsp. flour
2 to 3 cups milk
¼ tsp. pepper
8 to 10 cooked shrimps
1 cup spinach, minced
6 tbsp butter
½ tsp. salt
grated or sliced cheese

Fry onion to a delicate brown in the butter. Add the flour and blend. Add the milk gradually. Beat in the spinach and add any water left from the spinach. (Vary milk according to amount of water from spinach.) Place mixture in a casserole, cover the top with grated or sliced cheese, dot with the shrimps, and place under the flame long enough to melt the cheese. Serves 6.

SPINACH WITH CREAM

2 cups cooked spinach (canned or fresh)
½ cup milk
1 tbsp. onion, minced
1 tsp. salt
3 tbsp. butter
2 tbsp. flour
¼ tsp. nutmeg
dash of cayenne

Chop the drained spinach very fine. Melt the butter and lightly simmer the onion. Add the flour. When well blended, add the spinach and other ingredients and cook for two minutes. Serves 4.

MILK BUILDS RESISTANCE TO DISEASE

BAKED EGGPLANT WITH HAM STUFFING

½ cup chopped cooked ham
1 medium sized eggplant
1½ cups bread crumbs
2 tbsp. chopped onion
½ tsp. baking powder
1 tbsp. melted butter
⅛ tsp. pepper
¼ tsp. salt
2 cups milk

Peel eggplant, cut in half lengthwise and parboil for 15 minutes, rounded sides up, in salt water. Drain and scoop out inside of each half, leaving shell half an inch thick. Save the scooped-out portion to add to stuffing. To prepare stuffing—scald milk, and to it add bread crumbs which have been mixed with baking powder, ham, onion and seasonings. Add scooped-out eggplant, and firm the stuffing into the shells, rounding it up on each half. Place in baking pan in which there is 1 inch of hot water, and bake in a moderate oven (350°) for a half hour. Serves 6.

SPANISH ONION SUPREME

2 large Spanish onions
1 tsp. salt
¼ tsp. pepper
1 cup thick white sauce
3 eggs
1 tbsp. lemon juice
paprika

Halve the onions and cook in salted water till tender. Drain, chop fine and season with 1 tsp. of salt, ¼ tsp. pepper. Add the onions to the white sauce. Heat well, remove from fire and fold in the eggs well beaten, and the lemon juice. Turn into a buttered baking dish, sprinkle with paprika and bake till golden brown. Serves 4.

SPANISH LUNCH

1½ cups dried black beans
3 qts. water
5 tbsp. flour
½ tsp. mustard
3 slices pimentos, chopped
pepper to taste
2 tsp. salt
5 tbsp. butter
3 cups milk
¼ tsp. ginger
1 tsp. salt
green pepper rings

Put 3 quarts of water in sauce pan, add beans and 2 tsp. salt and cook until beans are tender. Drain. Place butter in sauce pan, add flour and then gradually add milk. When thickened, add mustard, ginger, pimento, salt and pepper. Add sauce to beans, mixing carefully. Put in casserole. Cover with buttered crumbs and bake in moderate oven for ½ hour. Garnish with green pepper rings just before serving. Serves 4 to 6.

STRING BEAN RAREBIT

3 cups thick white sauce
1½ cups grated cheese
½ tsp. salt
2 eggs, beaten
2 cups cooked string beans
6 slices toast
paprika

Add cheese and salt to white sauce and stir until cheese is melted (use double boiler). Just before serving add the eggs and cook for 2 minutes. Arrange the hot string beans on the toast and pour the sauce over all. Serves 4.

MEAT, FOWL, FISH DISHES

FRIZZLED BEEF IN CREAM

¼ lb. dried beef
2 tbsp. butter
2 tbsp. flour
1 cup milk
1 cup cream
pepper

Tear the beef into pieces. Melt the butter in a frying pan and put beef in it for a few minutes. Sprinkle with flour, stir well and add milk and cream slowly, stirring constantly. Let boil one minute, season and serve. Serves 4.

CALIFORNIA "CHICKEN"

1 cup carrots, diced
1 cup potatoes
¼ cup chopped onion
2/3 cup peas
1 tsp. salt
3 tbsp. butter
3 tbsp. flour
1½ cups milk
½ cup vegetable water
1 can tuna fish

Add salt to vegetables and cook for 15 minutes. If canned peas are used, do not cook with vegetables but use the water from peas as part of water for cooking other vegetables. Melt butter, add flour and blend well. Add milk and ½ cup of water drained from vegetables and cook until mixture thickens. Butter baking dish and pour in half of white sauce and vegetables (canned peas, if used, should be added now) then the tuna fish, with the remainder of vegetables and white sauce on top. Cover with buttered bread crumbs and bake until crumbs are brown and sauce bubbles up around the edges. Serves 6.

CHICKEN A LA KING

¼ cup green peppers, chopped
4 tbsp. butter
1 cup sliced mushrooms
3 tbsp. flour
½ tsp. salt
½ tsp. paprika
1 cup milk
1 cup cream
2 cups cooked chicken
2 egg yolks, beaten
1 pimento
3 tbsp. sherry

Melt butter, add mushrooms and green pepper and cook five minutes. Stir in flour and seasoning. Add milk and cream slowly, stirring constantly until mixture boils. Add a little of this sauce to the beaten egg yolks and stir into the rest of the sauce. Add chicken and pimento, cut into pieces, and stir in sherry just before serving on hot toast. Serves 6.

SMOTHERED CHICKEN

1 chicken
flour, salt, pepper
3 tbsp. butter
2 cups cream
paprika
1 cup water

Cut chicken into pieces for serving, dredge with flour, salt and pepper and fry until delicately brown in the butter. Add water, cover and bake in a moderate oven (375°) about one hour or until chicken is tender. Add cream and paprika and bake fifteen minutes more. Broilers may be used. They should be cut into quarters, the water omitted and the time for baking reduced to thirty minutes.

HIGHEST FOOD VALUE--LOWEST COST

BAKED CORNED BEEF HASH

2 cups chopped, cooked corned beef
1 small onion, chopped
3 cups chopped, cold, boiled potatoes
1 tsp. Worcestershire sauce
2 tbsp. melted butter
salt and pepper to taste
1 cup milk

Mix thoroughly all the ingredients except milk. Put into a shallow, buttered baking dish. Pour milk over hash mixture and bake in a hot oven (400°) until milk is absorbed and hash has browned. Serves 4 to 6.

CORNMEAL SURPRISE RING WITH CREAMED MEAT

¾ cup cornmeal
2 cups milk
1 cup water
1 medium sized onion
10 whole cloves
1 tbsp. butter
2 eggs
pepper and salt to taste

Stick the cloves in the onion. Place onion in sauce pan, add water and milk and bring to a boil. Add the cornmeal gradually and cook for 20 minutes. Take the mixture from the fire, add salt and pepper, and lastly add the well beaten eggs. Put the mixture in a well-greased ring mold. Bake in the oven for 20 minutes (moderate oven). Let stand 10 minutes after cooking, and unmold.

The Creamed Meat:
1½ cups diced ham, cooked
pepper and salt
1 cup diced chicken, cooked
3 tbsp. sherry
2 cups medium white sauce

Add cooked meat (any meat may be used) to the white sauce and lastly add the sherry. Put the creamed mixture in the centre of the cornmeal ring. Place vegetables alternately around the outside of the ring. Serves 6.

DANISH FISH LOAF

3 lbs. of halibut or other white-meated fish
3 qts. of water. Simmer the fish in water 40 minutes
1 cup bread crumbs
1 cup finely minced celery
1 tbsp. finely minced onion
1 tbsp. finely minced green pepper
2 slices of pimento, minced
1 tsp. salt—pepper to taste
dash of cayenne
4 tbsp. butter
4 tbsp. flour
2 cups milk
2 hard-boiled eggs, chopped

Melt butter and stir in flour. When mixture leaves the side of pan add the milk, stir until smooth and thick over hot water. Keep warm. Bone the fish and combine with bread crumbs, celery, onion, green pepper, parsley, pimento, salt, pepper and cayenne. Mix these ingredients and fish with half of the white sauce and form into a loaf, place in a casserole and bake in a moderate oven until firm. Add chopped eggs to remaining white sauce, salt and pepper and serve over fish loaf. Serves 6.

MILK DISHES FOR GREATEST VARIETY

CRAB MEAT AU GRATIN

One 13-oz. can crab meat
3 tbsp. butter
2 slices onion
2 tbsp. minced green pepper
3 tbsp. flour
½ tsp. salt
2 cups milk
1 pimento, cut in small pieces
½ cup grated cheese
sifted bread crumbs

Break crab meat in small pieces, carefully removing the fine bones. Cook onion and green pepper 10 minutes in melted butter, but do not brown. Stir in flour and seasoning. Add milk slowly, stirring until mixture thickens. Now add crab meat and pimento and cook 5 minutes longer. Pour into a buttered, shallow baking dish, sprinkle with the cheese, cover lightly with buttered crumbs. Bake in moderately hot oven until crumbs are browned. Serves 4.

FISH FILLETS BAKED IN MUSHROOM SAUCE

1 lb. sole or haddock fillets
½ tsp. salt
2 cups cream mushroom sauce
½ cup buttered crumbs

Cut the fillets into individual servings. Arrange in a baking dish or on an oven-glass platter. Sprinkle with salt. Cover with the sauce; sprinkle with the crumbs. Bake in a moderate oven (375°) for 30 minutes. Serve from the baking dish. Serves 4 to 6.

CREAM MUSHROOM SAUCE

½ lb. mushrooms (10 to 16)
4tbsp. butter
3 tbsp. flour
½ cup cream
1½ cups milk
½ tsp. salt
few grains cayenne

Wash the mushrooms. Slice without peeling. Cook gently in the butter in a saucepan for 5 minutes. Add the flour and mix thoroughly. Stir in the cream, milk and seasonings, stirring until the sauce boils

HAMBURGER ROYAL

1/3 cup Swiss cheese
1½ cups milk
3 tbsp. flour
½ green pepper
½ lb. chopped beef
2 cups broken crackers
½ cup buttered bread crumbs
1 tbsp. butter

Grate Swiss cheese. Heat 1¼ cups of milk in double boiler. Use remaining quarter cup to make smooth paste with flour. Add ½ tsp salt and sprinkling of paprika. Stir paste into hot milk. Thoroughly dissolve. Reduce flame under pot and add grated cheese. Beat with egg beater until cheese is entirely melted; then add green pepper, chopped beef and crackers. Stir and pour into buttered baking dish. Sprinkle bread crumbs over top and bake in moderate oven 25 minutes Serve with tart jelly. Serves 4 to 6.

MILK DISHES COST LITTLE

HAM CUSTARDS

4 eggs
2 cups milk
¼ tsp. salt
⅛ tsp. pepper
1 cup cooked ham, chopped fine

Beat eggs. Bring milk to scalding point in a double boiler and pour slowly over the beaten eggs. Add ham and seasoning. Pour into buttered custard cups, place in a pan partly filled with hot water and bake in a moderate oven (350°) until custards are firm. Turn out on a hot serving plate. Serve with cream sauce. Serves 4.

HAM LOAF

2 lbs. ham or 1 lb. ham and 1 lb. of pork
4 tbsp. flour
1½ cups milk
1 cup chopped parsley
¼ cup chopped onion
1 cup fine, dry bread crumbs
1 egg, beaten
2 tbsp. butter

Melt butter, add onion and parsley and cook for a few minutes. Add flour, blend well, add milk and cook until thickened. Mix all the ingredients well with the white sauce. Mold in a loaf and bake 1 hour in a moderate oven (350°). Serves 6 to 8.

HAM SURPRISE

¼ lb. smoked boiled ham
½ cup cooked tomatoes
2 cups canned kidney beans
2 cups cooked macaroni
1 tbsp. chopped onion
3 tbsp. flour
1½ cups milk
grated Italian cheese

Brown, but do not burn onions. Make paste of flour and milk and stir in the onion. Next add the ham, tomatoes, kidney beans, macaroni and stir thoroughly. Then pour into baking dish and put in medium oven for 15 minutes. Then sprinkle top with grated Italian cheese and leave in oven till cheese is thoroughly melted and spread. Serves 4 to 6.

DANISH MEAT BALLS WITH ONION SAUCE

1 lb. beef, and ½ lb. veal or pork, ground together
1 chopped onion
½ cup bread crumbs
1 cup milk
1 egg
1 tsp. salt

Soak crumbs in milk. Add beaten egg. Mix with onion, meat and salt. Shape into balls with tablespoon. Flatten. Bake 15 minutes in hot oven (425°); or fry in butter, and when brown, cover tightly, simmering until cooked through.

Serve with this sauce:
1½ cups chopped white onions
½ cup butter (¼ lb.)
2 tbsp. flour
1 tsp. salt
1½ cups milk

Cook onions and butter together until onions are transparent. Stir in flour and salt. Add milk. Cook until thick. Serves 6 to 8.

MORE MILK — LESS OTHER FOODS

MEAT AND VEGETABLE CASSEROLE

4 medium sized potatoes
4 carrots
2 medium size onions
½ green pepper
2 medium sized onions
¼ lb. American cheese
1 lb. stew meat (chuck)
1¼ cups milk
½ cup buttered bread crumbs

Thinly slice potatoes and carrots. Put half of these in bottom of baking dish. Salt and pepper. Dredge lightly with flour. Sprinkle with chopped green pepper and chopped onion. Cut up cheese and use half for next layer. Cut stew meat into small pieces and lay evenly around dish. Cover meat with remaining cheese. Add second half of carrots and potatoes, seasoning as before. Pour over the milk. Sprinkle bread crumbs on top. Bake 1 hour in a moderately hot oven or till vegetables are tender. Then remove cover for 15 minutes to brown bread crumbs. Serves 4 to 6.

MEAT LOAF

1 lb. ground beef
2 tbsp. butter
1 egg
1 cup bread crumbs
1 cup milk
1 tsp. salt
¼ tsp. pepper
2 slices bacon

Combine meat with other ingredients, using enough milk, stock, or water, so that mixture holds together well. Form into loaf, in covered baking pan. Lay slices of bacon across the top. Bake 1½ hours in a moderate oven (350°). Uncover last half hour to brown. Serves 6.

MEXICAN MEAT LOAF

3 cups milk
1 cup cooked, dried lima beans
1 lb. cooked, ground beef
½ lb. cooked, ground pork
½ to 1 tsp. chili powder, according to taste
½ tsp. salt
1 cup ripe olives, pitted and chopped
2 cups raisins

Mix all ingredients in order given and turn into a buttered baking dish or loaf pan and bake about one hour in a moderate oven (350°). Serves 6 to 8.

OYSTER AND CELERY SCALLOP

2 cups cooked, diced celery
1 pint oysters
2 tbsp. butter
2 cups bread and cracker crumbs mixed in
equal parts salt and pepper
½ to ¾ cup thin cream (or milk)

Grease a glass baking dish 7 inches in diameter and 3 inches deep. Cover the bottom with the crumbs and add a layer of the celery and then one of the oysters. Sprinkle with the salt and pepper and dot with the butter. Repeat, having the crumbs and butter on top. Moisten with the cream or milk and bake in a hot oven (375°) for 30 minutes. Serves 4.

EGG AND CHEESE DISHES

BAKED COUNTRY EGGS

6 hard-boiled eggs
3 tbsp. buttered crumbs
1½ tbsp. grated cheese
2 cups medium white sauce

Slice the eggs thick. Add them to the white sauce and pour into a buttered baking dish. Add the cheese to the buttered crumbs and sprinkle over top. Bake 15 minutes in a moderate oven (350°). Serve with sausages.

CHEESE LUNCH

3-4 slices bread, buttered
2 cups cottage cheese
2 eggs, beaten
1½ cups milk
½ tsp. mustard
1 tsp. Worcestershire sauce
½ tsp. salt
⅛ tsp. paprika

Place slice of bread in bottom of buttered baking dish. Cover with layer of cottage cheese. Repeat until bread and cheese are used; then add milk and seasonings to beaten eggs; pour over bread and cheese. Cover top with fine buttered crumbs. Bake in a moderate oven until golden brown. Serves 4.

CHEESE AND TAPIOCA SOUFFLE

2/3 cup milk
2 tbsp. quick-cooking tapioca
few grains cayenne
few grains mustard
2/3 cup grated cheese
2 eggs
¾ tsp. salt

Scald milk in top of double boiler, add tapioca and cook 15 minutes, stirring frequently. Add cayenne, mustard and cheese, stir until cheese is melted, remove from heat and cool. Stir in egg yolks beaten until light. Beat egg whites with salt until stiff and fold lightly into the cheese mixture. Turn into greased baking dish and bake in a hot oven (400°) from 15 to 20 minutes. Serves 4 to 6.

CHEESE TORTE

Crust: 1¼ cups zweiback crumbs
Filling: 1/3 cup sugar
2 tbsp. flour
⅛ tsp. salt
1 tbsp. sugar
3 pkgs. cream cheese
½ tsp. vanilla
1 tbsp. butter
2 eggs
½ cup milk

For the crust: Roll the zweiback into fine crumbs and add to the butter and sugar. Blend thoroughly, put in bottom of spring form pan and press down evenly. **For the filling:** Sift the sugar with the flour and salt and work it thoroughly into the cream cheese. Add the vanilla and egg yolks, then add the milk and mix well. Fold in the beaten egg whites, pour the mixture on the crumbs and bake in a moderate oven (325°) about 45 minutes or until the centre is firm. Do not remove from pan until cool.

MILK, COOKED, HOLDS FOOD VALUE

EGGS A LA KING

- 3 tbsp. butter
- 2 slices onion, minced
- ½ cup mushrooms, cut in small pieces
- 1 tbsp. minced green pepper
- 3 tbsp. flour
- 2 cups milk
- ½ tsp. salt
- ⅛ tsp. pepper
- 1 pimento, cut in small pieces
- 6 hard-boiled eggs, cut in quarters
- 1 egg yolk
- 3 tbsp. cream

Melt butter in a double boiler. Add onion, cook 5 minutes. Add mushrooms, green pepper; cook 10 minutes. Stir in flour, add milk and seasoning, stirring until thick. Cook 15 minutes. Add pimento and eggs and cook until heated through. Just before serving put in egg yolk, blended with cream. Cook for a moment. Serve on squares of hot buttered toast. Serves 4.

EGGS POACHED IN CHEESE SAUCE

- 4 tbsp. flour
- 4 tbsp. butter
- 2 cups milk
- 1 tsp. salt
- ⅛ tsp. pepper
- 6 eggs
- 1 pkg. mild American cheese
- 3 sprigs parsley, finely chopped
- 6 slices of thin toast, buttered

Cream butter and flour, add milk gradually, then the cut-up cheese, salt and pepper. Stir constantly until thick. Turn the flame as low as possible and drop the eggs in one at a time. Cover gently with sauce. Place utensil over another containing boiling water, cover and allow to remain seven minutes. Serve one egg on slice of toast and sprinkle with parsley. Serves 6.

GNOCCHI A LA ROMANA

- ¼ cup butter
- ¼ cup grated cheese
- ½ tsp. salt
- ¼ cup flour
- ¼ cup cornstarch
- 2 cups scalded milk
- 2 egg yolks

Melt butter and when bubbling gradually add flour, cornstarch, salt and milk. Cook 3 minutes, stirring constantly. Add well-beaten egg yolks and one-half of the cheese. Pour into a buttered shallow pan and cool. When mixture is cool and stiffened, turn onto a board, cut in squares or diamonds. Place on a tin, sprinkle with remaining cheese and brown in the oven. Serves 4.

SCALLOPED EGGS WITH CHEESE

- 2½ cups medium white sauce
- 1/3 cup buttered bread crumbs
- 6 hard-boiled eggs
- ¾ cup grated cheese

Halve the eggs. Place them in a buttered baking dish. Mix the cheese into the white sauce. Pour mixture over eggs. Sprinkle the top with the crumbs and bake in a moderate oven (350°) until brown. Serves 4.

FOR HEALTH—ONE MILK MEAL A DAY

GOLDEN GNOCCHI

3 cups milk
¼ lb. cornmeal
Roman cheese
¼ tsp. salt
1/16 lb. butter.

Scald the milk. Add salt. Add corn meal gradually, stir with wooden spoon for half an hour or until thoroughly cooked. Grate cheese into individual dishes, take from the pot, by spoonfuls, the corn meal mixture and drop into dishes over the cheese. Put a little more cheese on top. Pour browned, melted butter over the mixture and serve the gnocchi with milk. Serves 6.

PIMENTOS AU FROMAGE

1½ cups cottage cheese
1 cup fine bread crumbs
2 slices onion, minced
½ tsp. salt
⅛ tsp. pepper
1 tsp. Worcestershire sauce
½ cup milk
6 whole canned pimentos
6 slices crisp cooked bacon
6 rounds buttered toast

Mix thoroughly the cheese, bread crumbs, onion, seasoning and milk. Fill pimentos with mixture. Fry bacon crisp. Remove and heat pimentos in hot fat. When pimentos are piping hot, remove carefully and place on rounds of toast. Garnish with bacon. Serves 4 to 6.

POLENTA

1 cup yellow cornmeal
4 cups milk
1 tsp. salt
¾ cup grated cheese
½ tsp. paprika

Scald milk in top of double boiler. Add salt and paprika, pour corn meal slowly into the milk, stirring constantly until thick. Cover and cook for 30 minutes. Heap on a serving platter and serve with the following sauce:

1 onion, chopped
1 clove garlic, chopped
3 slices bacon, cut fine
¼ lb. mushrooms, chopped
¼ lb. ground steak
2 tbsp. flour
1 tsp. salt
2½ cups tomatoes

Fry bacon until brown and crisp, add onion, steak, garlic, and mushrooms, and cook over a low heat for 15 minutes. Sprinkle with flour and salt and mix well. Add tomatoes. Simmer for 15 minutes. Serves 6.

SCRAMBLED EGGS WITH CARROTS

7½ tbsp. fat
1⅛ cups soft bread cubes half inch square
9 eggs
¾ cup milk
¾ tsp. salt
1⅛ cups grated, pared raw carrots

Melt 6 tbsp. of the fat. Add the bread cubes and saute until brown. Remove. Melt the rest of the fat in the skillet. Meanwhile, beat the eggs slightly and add the milk, salt, carrots and browned bread cubes. Pour this mixture into the skillet and cook slowly until set, stirring occasionally to prevent sticking. Serves 6.

DESSERTS

APRICOT RICE PUDDING

½ cup rice
½ cup sugar
½ tsp. salt
1 cup canned or cooked, sweetened, dried apricots, cut in small pieces
3 cups milk
2 egg yolks, slightly beaten
grated rind of ½ orange
2 egg whites, beaten stiff
4 tbsp. granulated sugar

Wash rice thoroughly, put with milk in double boiler and cook until rice is soft. Add sugar, egg yolks, salt and grated orange rind. Stir gently and cook until thickened, about 5 minutes. Turn into a buttered pudding dish, cover top with layer of apricots. Make a meringue of egg whites and sugar. Spread this over top of pudding. Bake in a moderate oven (300°) just long enough to brown meringue. Serves 6.

APRICOT MOUSSE

1 tbsp. gelatine
¼ cup cold milk
½ cup apricot juice (hot)
2 mashed and strained bananas
1 can of apricots (forced through strainer)
1 cup powdered sugar
1 pint cream (whipping)

Soak gelatine in milk five minutes. Dissolve in hot apricot juice. Cool, add bananas and apricots. Whip cream, add powdered sugar. Combine ingredients. Put in ice tray and freeze three to four hours. Serves 10 to 12.

Butterscotch Sauce:
¾ cup brown sugar
2 tbsp. butter
few grains salt
1/3 cup corn syrup
1/3 cup heavy cream

Put the sugar, corn syrup and butter into a saucepan over moderate heat and stir constantly until it boils. Then let it boil gently without stirring until the syrup forms a soft ball in cold water. Let it cool, then add cream. Pour over pudding and sprinkle with chopped nuts if desired.

CHOCOLATE NUT PUDDING

1 cake chocolate
2 cups milk
1 cup stale bread crumbs
1 egg
½ cup sugar
few grains salt
½ tsp. vanilla
½ cup chopped nuts (if you like)

Heat the chocolate and milk in the top of a double boiler; when the chocolate has melted, beat vigorously with an egg beater until blended. Remove from stove; add bread crumbs and let stand 10 minutes. Add the remaining ingredients; stir until the sugar has dissolved. Bake in a buttered baking dish in a pan of hot water in a moderate oven (375°) for 1 hour or until the mixture will not adhere to the tip of a knife inserted in the centre. Serve with cream or a spoonful of vanilla ice cream. Serves 6.

MILK A GREAT SOURCE OF CALCIUM

CORNSTARCH PUDDING WITH BUTTERSCOTCH SAUCE

3 cups milk
3 tbsp. cornstarch
½ tsp. vanilla
¼ tsp. salt
½ cup sugar

Scald the milk in a double boiler. Mix dry ingredients well and add to hot milk. Stir until thick. Put on cover and cook 15 minutes. Remove from stove, cool slightly, flavor and pour into individual molds which have been dipped in cold water. Chill, unmold and serve with butterscotch sauce. Serves 6.

CHOCOLATE CUSTARD

2 cups milk
4 egg yolks
5½-oz. can of chocolate syrup
½ tsp. vanilla

Scald milk in top of double boiler. Beat egg yolks and add the chocolate syrup. Stir the scalded milk into the egg and chocolate mixture. Return to double boiler and cook until mixture coats the spoon. Do not overcook or it will curdle. Add flavoring. Cool. Serves 4.

CHOCOLATE GELATINE

4 cups milk
1½ cups sugar
1 cake (8 squares) bitter chocolate, melted
2 egg whites, stiffly beaten
4 tbsp. gelatine soaked in
2 tbsp. cold water

Heat milk and add sugar which has been heated for about 10 minutes in a slow oven (250°). Add gelatine and melted chocolate. Blend thoroughly and fold in egg whites. Pour into oiled mold and let stand in refrigerator 4 hours. Serves 4.

COCONUT PUDDING

½ cup bread crumbs
½ cup moist coconut
2 cups milk
1 egg
3 tbsp. sugar
½ tsp. salt
1 tbsp. butter

Soak the bread and coconut in the milk until soft, then mash and add the sugar, salt and melted butter. Beat the white and yolk of the egg separately; add the yolk to the mixture, then fold in the white. Pour into a greased baking dish, sprinkle with coconut, set in a pan of hot water and bake in a slow oven (250-300°). Serves 4 to 6.

COFFEE MARSHMALLOW CUSTARD

2 cups milk
4 tbsp. ground coffee (caffein-free if liked)
¼ tsp. vanilla
3 eggs
2 tbsp. sugar
¼ tsp. salt

Bring milk and coffee to boil. Strain. Beat the eggs slightly. Combine sugar, salt, vanilla and milk. Strain into buttered individual custard cups and top each one with a marshmallow. Bake till firm (about 30 minutes) in a slow oven (325°). Serves 4 to 6.

MILK IS DEFINITELY ALKALINE

CARAMEL CUSTARD

2 cups milk
½ cup sugar
3 eggs
½ tsp. vanilla
few grains salt

Pour ¼ cup of sugar into a skillet; let stand over low heat until the sugar has melted to form a rich brown liquid; stir to prevent burning Stir the milk cautiously into the caramelized sugar; continue stirring until the hardened caramel dissolves. Beat the eggs slightly, add the remainder of the sugar, salt and vanilla. Pour into individual custard cups; bake in a pan of hot water in a moderate oven (350°) for about 45 minutes. Serves 4.

GINGER CREAM

2 cups scalded milk
4 tbsp. sugar
¼ cup cold milk
½ cup finely cut preserved ginger
¼ cup cornstarch
¼ tsp. salt
1 tsp. vanilla
2 egg whites, beaten stiff

Mix cornstarch, sugar and salt; dilute with cold milk. Add this to scalded milk in top of double boiler, stirring constantly until mixture thickens. Cook for 15 minutes longer, stirring frequently. Cool slightly, add flavoring, ginger and egg whites, beaten stiff. Mold, chill in refrigerator and when ready turn out and serve with whipped cream. Serves 4.

INDIAN TAPIOCA PUDDING

2½ cups milk
1½ tbsp. corn meal
¼ cup molasses
1 egg, beaten
1½ tbsp. granulated tapioca
⅛ cup sugar
1 tbsp. butter, melted
¼ tsp. cinnamon
¼ tsp. salt

Bring two cups milk to scalding point in a double boiler. Mix together tapioca, corn meal and sugar. Pour the hot milk gradually over the dry ingredients, stirring to blend well. Return to double boiler and cook 15 minutes, stirring occasionally. Remove from the fire, add molasses, butter, egg and seasonings. Pour into a buttered baking dish. Now add the ½ cup of cold milk. Set in a pan of hot water; bake 2 hours in a slow oven (300°). Serves 6.

RENNET - CUSTARD ROYAL

2 cups milk
2 egg whites
1 pkg. lemon-flavored Rennet Dessert Powder
¼ cup apricot pulp
4 tsp. sugar

Heat the milk to lukewarm. Crush any lumps in the Rennet Dessert Powder and turn into the milk. Stir briskly until it dissolves. Do not stir longer. Pour at once into dessert glasses and let stand in a warm room undisturbed until firm (about 20 minutes). Beat the egg whites until stiff; add the apricot pulp (apricots put through a sieve) and sugar, and mix thoroughly. Pile on top of the Rennet-Custard when ready to serve. Serves 4.

MILK DESSERTS ARE TASTIEST

OLD FASHIONED INDIAN PUDDING

1/3 cup corn meal
½ tsp. salt
½ tsp. ginger
½ tsp. cinnamon
½ cup molasses or brown sugar
4¾ cups milk

Mix the dry ingredients in the top of a double boiler, stir in 4 cups of the milk and the molasses. Cook over boiling water for 30 minutes, stirring occasionally. Pour into a buttered baking dish; bake uncovered in a slow oven (300°) for ½ hour, stirring occasionally. Pour ¾ cup cold milk over the top; bake without stirring for 2 hours longer. Serve warm with cream. Serves 6.

ORANGE CHARLOTTE

1 tbsp. gelatine
½ cup sugar
1 tbsp. lemon juice
2/3 cup heavy cream
½ cup water
1 cup orange juice
1 orange, divided into sections

Put gelatine in top of double boiler; pour on ¼ cup cold water; let stand 5 minutes; add sugar and remaining ¼ cup water. Stir over boiling water until gelatine and sugar have dissolved. Remove from stove, add fruit juices, set in pan of very cold water until jelly shows signs of thickening. With a rotary egg beater, beat the jelly until foamy and the cream until thick, but not stiff. Fold jelly into cream. Pour into glasses; chill. Garnish with sections of orange sprinkled with sugar and allow to stand. Serves 6.

PUMPKIN PIE

3 eggs
1½ cups strained, cooked pumpkin or squash
2/3 cup brown sugar
½ tsp. ginger
½ tsp. salt
1 tsp. cinnamon
2 cups hot milk

Line a pie plate with crust. Beat eggs, add sifted dry ingredients and hot milk. Place pie tin on rack of oven and pour in filling. Bake for 10 minutes in a hot oven (450°) and finish cooking in a moderately slow oven (325°). For children, butter a baking cup, fill with custard, and bake in a moderately slow oven (325°). This recipe makes filling for one 10-inch pie, or one 8-inch pie and three custards.

RASPBERRY CREAM PIE

1 baked pastry shell
2 cups milk, scalded
½ cup sugar
½ cup flour
½ tsp. salt
2 eggs
1½ tbsp. butter
½ tsp. vanilla

Mix the sugar, flour and salt; stir in scalded milk; cook in the top of a double boiler until the mixture has thickened. Cover, cook 10 minutes. Beat the eggs slightly, stir in a little of the hot mixture, add to the contents of the double boiler. Stir for 1 minute. Remove from stove, add butter and vanilla. Cool the mixture slightly, pour into the baked shell. Just before serving, cover with ½ cup cream which has been whipped and colored a delicate pink by folding in raspberry or strawberry jam. Serves 6.

A CHILD NEEDS QUART OF MILK DAILY

PLUM CUSTARD

4 egg yolks, beaten
½ tsp. vanilla
2 cups scalded milk
4 egg whites
1 heaping tbsp. currant jelly
4 tbsp. sugar
¼ tsp. salt
12 halves, stewed or canned plums
2 tbsp. sugar

Mix the beaten egg yolks, 4 tbsp, sugar, vanilla and salt together. Put mixture in the top of a double boiler and add milk gradually. Cook until mixture coats the spoon, stirring constantly. Cool mixture and pour over plums which have been arranged in the bottom of serving bowl or casserole. Beat egg whites until fairly stiff; beat in two tbsps. sugar and currant jelly until mixture is very stiff. Pile on custard and chill before serving. Serves 6.

PRUNE PUDDING

4 slices dry bread, buttered
1 cup prune juice
1½ cups milk
1 tsp. vanilla
1½ cups stewed, sweetened prunes, pitted
2 eggs, beaten
½ cup sugar

Butter the bread on one side. Place a slice of bread in a buttered baking dish, butter side up. (Divide slices to fit pan). Add a layer of prunes and another layer of buttered bread, tucking prunes into open spaces. Now add the prune juice. Put inverted saucer or small plate over bread to keep under liquid. Let stand until bread is softened. Make custard of milk, eggs, sugar and flavoring. Pour this on bread, prunes. Bake in a moderate oven (350°) about ½ hour. Serve with cream, plain or whipped. Serves 6.

MAPLE CREAM

2/3 cup maple syrup
2 egg yolks
2 cups whipping cream

Add beaten egg yolks to maple syrup and cook in the top of double boiler until it thickens; stir constantly. Cool, fold in whipped cream, pour into freezing tray and freeze three hours. Serves 6.

MARROW PUDDING NORWEGIAN

30 Zweiback, rolled to crumbs
¾ cup cold, clear, small cut beef marrow
1/5 tsp. cinnamon
2 cups milk
½ cup cream
6 eggs
1/3 cup sugar
1/5 tsp. fine powdered cardemome

Mix beaten egg yolks with sugar; add cinnamon and cardemome. Mix crumbs with milk and cream and blend two mixtures. Fold in egg white beaten stiff. Bake in a covered dish; set in a pan of water. Cooking time 2 hours. Serve hot with sauce. Serves 6. **Sauce:** Melt a glass of apple jelly and add ½ cup of water. When boiling, stir in 1 tsp. cornstarch made smooth with a little cold water. Remove and pour over pudding.

PARTY SUGGESTIONS

For a Sweet Tooth:

APRICOT BREAD

¾ cup dried apricots
¾ cup hot milk
1 tbsp. butter
½ cup sugar
½ tsp. salt
1 egg
½ tsp. orange extract
½ cup whole wheat flour
¾ cup flour
½ tsp. soda

Chop apricots fine; add to hot milk, then add butter, sugar and salt and set aside to cool; then add egg, beaten, flavoring and sifted dry ingredients. Mix well, but quickly. Turn into a buttered bread pan and bake in a moderate oven (325°) Half cup of almonds may be added if desired.

ORANGE ICE

½ cup orange juice
1/3 cup lemon juice
1¼ cups sugar
2 cups milk
½ cup whipping cream (optional)

Add milk to mixture and place in freezing tray. When partly frozen, remove from tray and beat with an egg beater, thoroughly. (At this time ½ cup of whipped cream may be added if a creamier ice is desired). Return mixture to freezing tray and allow to continue freezing until firm. Serves 6.

PEPPERMINT ICE CREAM

½ lb. peppermint stick candy
1 cup milk
1/16 tsp. salt
2 cups whipping cream

Dissolve candy in milk. If necessary, heat slightly in top of double boiler. Add salt and cool. Fold in whipped cream. Pour into tray and freeze. If ingredients settle, stir with spoon from front to back of tray and allow to finish freezing without further stirring about three hours. Serves 8.

STRAWBERRY MOUSSE

1 tbsp. gelatine
¼ cup cold milk
1 cup sugar
1 qt. strawberries
1 tbsp. lemon juice
2 cups heavy cream

Put the gelatine in the top part of a double boiler; pour in the cold milk and let stand at room temperature for 5 minutes. Add the sugar; stir over boiling water until the sugar and gelatine are dissolved; remove from stove. Add berries (mashed and rubbed through a sieve) and lemon juice. Chill until slightly thickened. Fold into the cream which has been whipped. Pour into tray and freeze three or four hours. Serves 8.

Towards the Substantial:

CHEESE WAFFLES

2 cups flour
4 tsp. baking powder
½ tsp. salt
2 cups milk
4 tbsp. butter, melted
2 eggs, beaten
1 cup grated cheese

Sift flour before measuring; mix and sift the dry ingredients. Add the cheese, mix well, add milk and eggs, beat well, add melted butter and bake on a hot, well-greased waffle iron. Serve at once with maple syrup or jelly. Strips of bacon placed on waffle iron before adding batter make a delightful variation.

SOUTHERN SPOON BREAD

1½ cups boiling water
1 tbsp. melted shortening
¼ tsp. salt
3 eggs
1 cup corn meal
1 cup milk
1 tbsp. baking powder

Add the boiling water to the corn meal and stir until well mixed. Allow to cool. When cool, add the melted shortening, well-beaten eggs, milk, salt and baking powder. Blend thoroughly and pour into a well-greased baking dish 7 inches in diameter and 3 inches deep. Bake in a moderate oven (375°) for 30 minutes. Serves 4.

GRIDDLE CAKES

2 eggs
1 tsp. salt
1 tbsp. sugar
1 tbsp. melted butter
1 cup warm cereal (rice, hominy or Cream of Wheat)
2 cups flour
2 heaping tsp. baking powder
2 cups milk

Beat egg yolks until light and add to the yolks salt, sugar and melted butter. Beat in cereal. Sift 2 cups flour with 2 heaping tsp. baking powder and add to above mixture alternately with milk. Fold in egg whites, beaten stiff.

MOLDED CHEESE SALAD

1 tbsp. gelatine
¼ cup cold water
¼ cup Roquefort cheese (if you like)
1 canned pimento, chopped
½ green pepper, chopped
1 cup boiling water
¼ tsp. salt
¼ lb. cottage cheese
1 tsp. onion, minced
1 cup heavy cream, whipped
1½ cups diced mixed fruit
French dressing

Stir the cold water into the gelatine; let stand for 5 minutes; dissolve in the boiling water, add salt; cool. Mash the cheese with a fork; add the seasonings; fold in the whipped cream. When the gelatine mixture begins to thicken, fold in the cream and cheese. Turn into a large ring mold or individual molds. Chill. Unmold the firm salads on lettuce. Garnish with the fruit which has been mixed with the French dressing. Pass mayonnaise if you like. Serves 6 to 8.

MAXIMUM HEALTH— MINIMUM COST

GERMAN PANCAKES

2 cups milk
4 eggs
1 tsp. salt
grated rind of 1 lemon
1/3 cup butter
1½ cups flour

Mix egg yolks with milk, salt and grated lemon rind. Stir this mixture slowly into flour. Beat well to remove all lumps. Beat the egg whites stiff and fold in last. Place a small amount of the butter in a large frying pan and put over heat. When the butter has melted and has become still in the pan, cover the bottom of the pan with the pancake mixture, having it very thin. After a few minutes, the underside of the cake will be a delicate brown. Remove the pancake carefully onto a plate. Place a new piece of butter in the pan and let the cake slide into the pan, other side down. Leave the pot cover on pan for a few minutes, then lift it off and let pancake bake to a light brown. Loosen the sides of the cake with a knife occasionally to prevent sticking. Continue until mixture is used up. These cakes will be very thin, crisp and tender, and may be served with lemon juice and sugar, or with marmalade or jam, or may be filled with a cremed meat and rolled. Serves 4.

ORANGE NUT BREAD

1 cup flour
2 cups whole wheat flour
3 tsp. baking powder
½ tsp. salt
¼ cup sugaar

Add:—
1 cup chopped walnut meats
grated rind of one orange
½ cup orange juice, unstrained
or ½ cup marmalade
1 egg, well beaten
1 cup milk

Sift dry ingredients, add remaining ingredients. Mix well and turn into a well-buttered bread pan. Let stand 10 minutes and bake ¾ to 1 hour in a moderate oven (325°). Delicious made into sandwiches with cottage cheese filling.

FOUR-LEAF CLOVER SALAD

6 green peppers, all alike
2 cups cottage cheese (a bit of salt)
½ chopped nuts
lettuce leaves
1½ cups whipped cream dressing (stiff)

Mix cottage cheese, nuts and about ¼ cup of the dressing together to form the filling. Take piece off the top of the peppers. Be sure to remove all seeds. Stuff slowly to avoid ripping. When full and firm, cut crosswise in thin slices with very sharp knife. Arrange on lettuce leaves to imitate a clover leaf. Make dressing by adding a little mayonnaise to whipped cream. Drop mound of stiff dressing in very centre of design. These can be made up in advance and kept in the refrigerator. Slice at the moment you are ready to serve.

SNAPPY MILK DRINKS

BRING THE FOUNTAIN INTO YOUR HOME

Beverages:

BANANA MILK SHAKE

1 cup milk
¼ cup mashed banana

Mix well and serve.

CARAMEL MILK SHAKE

1 tsp. brown sugar
1 tbsp. caramel syrup
¾ cup milk
⅛ tsp. vanilla
dash of salt

Mix, shake well and serve cold, either plain or with a spoonful of whipped cream on top.

Caramel Syrup: Melt one cup of sugar in a dry pan until smooth and brown. Add one cup boiling water, stir well, boil three minutes, cool, bottle and use for flavoring milk beverages and desserts.

EGG NOG

1 cup milk
1 egg yolk, slightly beaten
½ tsp. vanilla
nutmeg
2 tsp. sugar
1 egg white, beaten stiff

Beat egg yolk in with milk, add vanilla, nutmeg, sugar. Fold in egg white, leaving froth on top. Dust with nutmeg.

MILK COMBATS ACID IN THE BLOOD

FRENCH CHOCOLATE

2½ squares bitter chocolate
½ cup sugar
1/3 cup milk
pinch salt
½ cup cream, whipped
6 cups hot milk

Heat 1/3 cup of milk and chocolate and cook until thick, stirring constantly. Remove from fire. Add sugar, place directly over heat and bring to boil. Cool. Fold in whipped cream. Place 1 tbsp. of chocolate in a cup and fill cup with hot milk. Stir to blend and serve. Serves 8.

MAPLE SHAKE

3 cups milk
¼ cup maple syrup
1 egg
1 pt. ice cream
3 tbsp. malted milk

Shake egg, malted milk, syrup, and 1 cup milk thoroughly; add remaining milk. Pour in tall glass, add 1 tbsp. of ice cream to each. For grown-ups, a cup of strong coffee is an addition. Serves 6.

STRAWBERRY FRUIT DRINK

1/3 cup crushed strawberries
2 tbsp. sugar
few grains salt
1½ cups milk

Have ingredients chilled. Beat thoroughly. Top with whipped cream. Serves 2.

METEOR

Heat 2 cups sweet milk over hot water. Mix together 2 teaspoons sugar, a few grains salt, ⅛ teaspoon nutmeg, ⅛ teaspoon cloves, ⅛ teaspoon cinnamon. Add to the milk. Beat until spices blend, then chill.

GINGER FLIP

Add a portion of a carbonated bottle drink such as ginger ale or root beer to a glass of cold milk. Add vanilla ice cream.

COFFEE FROST

Add 3 tbsps. of vanilla ice cream to ½ cup strong coffee and ½ cup chilled milk. Sweeten to taste. Beat well, and serve in tall glasses.

MY FAVORITE RECIPES

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COOKING TABLES AND CHARTS

OVEN TEMPERATURE AND TIME CHART

Water Simmers	180° F.
Water Boils	212° F.
Slow	250 to 300° F.
Moderate	300 to 350° F.
Hot	350 to 400° F.
Quick	400 to 450° F.
Very Hot	450 to 500° F.
For Broiling	550° F.

MEASURING TABLE

	UNIT	EQUIVALENT
Almonds	4 ounces	1 cup shelled
Barley	1 pound	2 cups
Beans, dried	1 pound	2 cups
Bread Crumbs	2¾ ounces	1 cup
Butter	1 pound	2 cups
Butter	1 ounce	2 tablespoons
Cheese, Canadian	½ pound	2½ cups grated cheese
Cheese, Cream	3-ounce pkg.	6 2/3 tablespoons
Corn Meal	1 pound	3 cups
Cornstarch	4½ ounces	1 cup
Currants	1 pound	3 cups
Dates, pitted	½ pound	1 cup
Eggs	1 medium	2 ounces
Flour, Wheat	1 pound	4½ cups
Flour, Graham	1 pound	3½ cups
Flour, Rye	1 pound	5 cups
Grapes	1 pound	1¾ cups
Hominy, raw	6 ounces	1 cup
Lard	1 pound	2 cups
Lemon juice	1 medium	3 tablespoons
Lentils	1 pound	2 1/3 cups
Liquids	1 pound	2 cups
Macaroni, uncooked	4 ounces	1 cup
Milk, skimmed	8½ ounces	1 cup
Molasses, cane	12 ounces	1 cup
Oats, rolled	2¾ ounces	1 cup
Orange juice	8 ounces	1 cup
Peas, dried	8 ounces	1 cup
Pecans	5 1/3 ounces	1 cup
Raisins	5 1/3 ounces	1 cup
Rice	8 ounces	1 cup
Sugar, Brown	1 pound	2 cups, firmly packed
Sugar, Confectioners'	1 pound	3½ cups
Sugar, Granulated	1 pound	2¼ cups
Sugar, Powdered	1 pound	2½ cups
Tapioca, pearl	6 ounces	1 cup
Walnut kernels	4 ounces	1 cup
Water	8 ounces	1 cup

SIZE AND CONTENTS OF CANNED VEGETABLES AND FRUITS

No. 1 Can	1 1/3 cups
No. 2 Can	2 1/5 cups
No. 2½ Can	3 3/5 cups
No. 3 Can	4 cups
No. 10 Can	13¼ cups

STANDARD WEIGHTS AND MEASURES

A dash or pinch	less than 1/8 teaspoon
3 teaspoons	1 tablespoon
4 tablespoons	¼ cup
16 tablespoons	1 cup
1 gill	½ cup
2 gills	1 cup
2 cups	1 pint
4 cups	2 pints or 1 quart
4 quarts	1 gallon
8 quarts	1 peck